

# **Diabetes Outpatient Intensive Treatment Program (DOIT): Holopono Project**

## **Background**

As directed by Congress, and in the pursuit of excellence in the treatment of diabetes, the Veterans' Health Administration and the Department of Defense have joined in a cooperative effort with the Joslin Diabetes Center to deploy and evaluate the JVN and the DOIT.

The Diabetes Outpatient Intensive Treatment program (DOIT) is part of a unique diabetes management telemedicine initiative which links the Joslin Diabetes Center, the Veteran's Administration, and the Department of Defense in a diabetes detection, care, and treatment research study.

The education component of this research study seeks to compare the effectiveness of two methods of diabetes self management instruction:

- The DOIT treatment group will receive a 3 ½ day intensive diabetes self care management course modeled after the famed Boston Joslin Diabetes Center's Diabetes Outpatient Intensive Treatment (DOIT) program.
- The Edupost control group will receive instructional information via mail.

## **Organization**

- MAJ Jay Earles, Psy.D. – Principal Investigator
- LTC Reed Christensen, MD – Associate Investigator
- LTC Susan Smith, RN – Associate Investigator
- COL Dale S. Vincent, MD -- Chief, Dept. of Medicine
- Jenell Pease, R.N. – Case Manager / Coordinator
- Marianne Pelletier – Administrative Assistant
- Glenn Kim - Project Manager

## **Research Question**

To improve clinical outcomes, quality of life, access to quality resources, and cost/benefit ratio through the development of diabetes self-management skills and Web-based telemedicine follow up communications.

## **Goals and Objectives**

- To demonstrate the impact of improved diabetes self-management skills on metabolic control by initiating a clinical telemedicine-based DOIT program for patients.
- To increase access to resources for quality care by implementing four Web-based diabetes education modules for patient use.
- To demonstrate cost effective follow up through the use of a Web-based telemedicine case-management system.
- To recruit 200 participants by 6/00.

## **Current Status**

### **a) Primary Accomplishments**

- Conducted 26 DOIT sessions
- Number of Patients:
  - DOIT Participants = 99 (14 of these patients are from the VA)
  - EduPost Patients = 97 (14 of these patients are from the VA)
- Recruitment complete
- Four abstracts accepted at a national and an international conference
- Two papers accepted in professional journals
- Web-site operational
- Two AMC internists have participated in DOIT sessions
- Incorporated JVN exam into DOIT assessment day

- Initiated new phase of Holopono, incorporating the treatment into mainstream care at TAMC

b) Project Timelines

DATE	ACTIVITY
12/98	Obtained IRB approval for use of patient recruitment letter
3/99	Conducted DOIT sessions (4 patients)
4/99	Outreach to Internal Medicine & Family Practice Providers
4/99	Implemented Patient Enrollment Informational Sessions
4/99	Obtained monthly lab results for continuous recruitment
4/99	Developed DOIT master schedule for 3 months out
4/99	Conducted 1-2 DOIT sessions (3 patients)
5/99	Expanded DOIT team staffing
5/99	Implemented Edupost mail out
5/99	Caresoft Web-based case management – re-looked at found substitution
5/99	Conduct 1-2 DOIT sessions (4 patients)
6/99	First part of outreach Mail out to 177 active duty and 35 VA patients
6/99 to 9/99	Conducted One DOIT session Per Month
9/99	Hosted Dr. Rich Jackson's visit to train new program physicians
9/99	Began providing AMC physicians lists of their patients to refer to the project
10/99	Conducted DOIT session (7 participants)
10/99	Setup non-count Clinic for Holopono
11/99	Added 2 physician from Internal Medicine
1/00 to 5/00	Conducted DOIT session every 3 weeks
2/00	Integrate new nurse educator
2/00	Hire Contract Endocrinologist
3/00	Train contract Endocrinologist
3/00	Install PC
5/00	Hire Dietitian
5/00	Utilize Web-base database and education
5/00 to 9/00	Schedule DOIT sessions twice a month
9/00 to 3/01	Schedule DOIT sessions once a month
8/01	Data Analysis
9/01	End of Project

## Strategic Direction

To improve diabetes self-management skills on metabolic control by initiating a clinical telemedicine-based DOIT program for patients

## Business Associations

**University Partnerships:** Joslin Diabetes Center, Boston, is affiliated with Harvard Medical School.

**Government Partnerships:** Tripler Army Medical Center, Honolulu VA, West Roxbury, VA.

## Project Security

System Security- the systems are protected through usernames and passwords.

Standards compliance measures: Standards published or enforced by the Security Manager, Information Management Office are complied with.

## Summary

Recruitment and randomization has been completed. Data collection and clinical follow-up is ongoing and should be completed in February 2002. The basic DOIT program has been modified to meet TAMC staffing resources and

patient needs. 6 revised Holopono sessions have been completed. A modification to the Holopono protocol has been submitted to the TAMC Department of Clinical Investigation.